

The Link - April 2019



Week of April 1, 2019



NEWS & RESOURCES

- To find out if you are eligible for disaster related assistance and find help near you, start by taking questionnaire here. To learn more, click here: <https://www.disasterassistance.gov/get-assistance/find-assistance>
- Current conditions of flood damage on roadways in Southwest Iowa are updated regularly. To learn more, click here: https://floods2019.iowa.gov/IADOT_2019FloodMap.pdf
- Recovery assistance resources for individuals impacted by the 2019 Iowa floods. To learn more, click here: <https://floods2019.iowa.gov/individuals.aspx>



FAMILY CAREGIVER

- Modern Caregiving Challenges Facing U.S. Employees gives a report based on the data of over one million covered employees. To learn more, click here: [https://cdn2.hubspot.net/hubfs/2265253/reports/Torchlight_Caregiving-eBook_Final-singles%20\(1\).pdf](https://cdn2.hubspot.net/hubfs/2265253/reports/Torchlight_Caregiving-eBook_Final-singles%20(1).pdf)



DISEASE PREVENTION/ HEALTH PROMOTION

- Even Housework, Gardening Can Help an Older Woman's Heart. New research from the University of California shows that even routine housework and gardening can improve older women's heart health. To learn more, click here: <https://consumer.healthday.com/fitness-information-14/misc-health-news-265/even-housework-gardening-can-help-an-older-woman-s-heart-743805.html>



FALLS PREVENTION

- Falls among older adults cause \$50 billion in annual spending on direct medical costs. This article suggests strategies for older adult falls prevention. To learn more, click here: <https://www.ncoa.org/wp-content/uploads/IB18-Falls-Prevention-FY19-Funding-May.pdf>



UPCOMING EVENTS

Seminar from the Iowa State Bar Association

April 18, 2019

[People's Law School: Older Iowan Issues](#)

Webinar from the Administration for Community Living

May 20, 2019

[National Older Adult Mental Health Awareness Day](#)

Conference from Elderbridge Agency on Aging

May 16, 2019

Bio Health Science Auditorium

1 Triton Circle, Fort Dodge, IA 50501

[Caregiver Conference](#)

Conference from Iowa Veterans Home

April 26, 2019

Iowa Veterans Home

1301 Summit Street (Whitehill Conference Room)

Marshalltown, IA 50158

[Mental Health Issues in Long Term Care](#)



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Iowa Department on Aging supports accessible, integrated services to older adults, adults with disabilities, and caregivers to assist them in maintaining their independence, dignity, autonomy, health, safety, and economic well-being.

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